

## Festive Fruit Salad With Yogurt Cheese

- 2 cups nonfat vanilla yogurt
- 1 can (20 ounces) pineapple chunks in juice, drained,  
or 2 cups fresh pineapple chunks
- 2 cans (10 ounces each) mandarin oranges, or 2 cups  
fresh orange sections, membranes removed
- 4 large bananas, sliced
- 1/4 cup flaked coconut
- 1 cup miniature marshmallows

To make the yogurt cheese, place a cheesecloth-lined funnel over a jar, and pour the yogurt into the funnel. Refrigerate the jar overnight. The creamy white mixture that remains in the funnel is yogurt cheese (there should be 1 cup).

In a large bowl, combine the fruits and marshmallows. Add the yogurt cheese to the fruit mixture and toss to mix.

Cover the salad and chill for 1-3 hours before serving. Yield: 12 servings



### NUTRITION FACTS (PER 2/3-CUP SERVING)

Calories: 85    Cholesterol: 0 mg    Fat: 0.7 g    Fiber: 1.5 g    Protein: 0.8 g    Sodium: 7 mg

Source: *Fat-Free Holiday Recipes*